

SUMMIT PALMYRA PACKING LIST

[CLICK HERE FOR OUR AMAZON FINDS](#)

AT THE AIRPORT

- Wear your HXP Shirt
- HXP Cotopaxi Gear
- HXP Builder Handbook (booklet you received in your packet) and pen
- Temple Recommend
- 1 Durable/reusable water bottle
- Copy of any doctor's prescription medicine
- Reading Materials (optional)
- Travel size scriptures (remember you won't have your phone)
- Hand sanitizer

YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Personal Hygiene products
- Sleepwear
- 1 towel (light, can dry easily)
- A couple of snacks
- Camera (optional)
- Sunglasses
- Hiking / walking shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed

BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (shower and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- Student ID
- Flashlight / headlamp
- Inexpensive, durable watch (remember you will not have your phone)

MEDICAL

- Biodegradable sunscreen
- Bug spray
- Hand sanitizer /wet wipes/ Aloe Vera
- Finger nail clippers / tweezers
- Allergy medication (if needed)
- Glasses/contacts/ solutions (if needed, make sure to bring extra)
- Small personal first aid kit
*HumanitarianXP will provide an advanced First Aid Kit on every trip

DO NOT BRING

- Laptops, Ipads, or Ipods
- Videogames/ nintendo switch
- Apple / smart watches
- Expensive clothing, jewelry or watches

CLOTHING

EVERY DAY WEAR

- 4-6 casual shirts
- 3-4 pairs of pants / belt
- Comfortable walking shoes
- Light jacket/ sweatshirt/ rain jacket/ poncho

SUNDAY CLOTHING

- Men: 1 White shirt, tie, slacks, shoes
 - Women: 1 knee length skirt/ dress, shoes
- ### EVERYTHING ELSE!
- Sleepwear

- 8-10 pairs of socks
- 10 day supply of underwear

- 1 swimsuit

- Swimsuit coverup

- Sunglasses

- Flip-flops (to use while showering)

- A trash bag for dirty clothes

OPTIONAL ITEMS

- Camera & charger (remember you will not have your phone)

- Small Musical Instrument you can play (talent show/ devotionals)

- Compact games (e.g. card games)

- Compact outdoor games (e.g. frisbee)

- Copy of Patriarchal Blessing

REMINDER

This packing list includes our suggestions for what we think Builders should pack. You know yourself better than we do. Consider what you personally will need to bring to be comfortable on your trip.

BAGGAGE SPECS

Maximum baggage allowance is listed on your Builder Portal. HXP advises that you bring 1 suitcase and 1 back-pack or duffel-bag as your carry on (so pack light!)

LOCATION SPECIFIC

[CHECK OUT YOUR LOCATION SPECIFIC PACKING LIST HERE](#)

You can use the template below to write down any additional things you may need for your specific location!



SNACKS

One of the best things about traveling is being able to try new foods. Be open to expanding your taste buds! You may want to pack the snacks you love to ensure you are always happy and full!

While our food providers can work with dietary restrictions, options may be limited. Plan accordingly.

Snack Suggestion:

Trail mix, fruit snacks, granola and/or protein bars, peanut butter, nutella, crackers, dehydrated fruit, mini cereal boxes and electrolyte substitutes/flavoring to add to your water.